

Date	Name	Route	Comment re NEW or VARIATION routes
16-Sep-11	Nicholls loop	Exit left from car park, first left & right on Commonwealth Avenue. Continue north across the bridge, around City Hill and onto Northbourne Ave. Turn left on Barton Highway and follow the direction of the GDE, taking exit to head North on Gungahlin Drive. Cross Gundaroo Drive & keep going until you come to Gold Creek School where you turn left onto Kellaway Ave. and then right at the next intersection (roundabout) and left at the next roundabout onto Curran Drive. Follow all the way to the Barton Highway. Continue to the end and turn right at Northborne Avenue. Follow Northbourne Avenue and C'with Ave back to car park.	
23-Sep-11	Karen's Loop 35km	Exit Commonwealth Ave right. Ride through the city & continue to Antill St Dickson. Turn left & follow Mouat St to Ginninderra Drive. Follow Ginninderra Drive & left @ Kingsford Smith Drive. Left @ Belconnen Way & continue on this until Fairfax St becomes Macarthur Ave. Right on Northbourne Ave & follow this through the city & back to the carpark.	
30-Sep-11	Bronny's loop - VARIATION - 34km	Loop to Woden down Adelaide Avenue and return, taking left onto State Circle and then left onto Kings Ave. Turn left onto Parkes Way following all the way to exit to Clunies Ross. Turn right onto Clunies Ross and then left onto exit near CSIRO and then turn right under Barry Drive and then left onto Dryandra and continue along over Macarthur almost to top of Dryandra. Turn right onto Wattle St and follow all the way back down to Marcarthur. Turn left and then immediately right onto Northbourne and back to car park.	Note the extension (ie don't turn right onto I through O'Connor
07-Oct-11	Tuggeranong loop (Lindy's loop variation) 36km	Exit left onto C'with Ave and onto Adelaide Ave. Take exit left onto Cotter Road and follow all the way down until you turn left Streeton Drive. Follow Streeton Drive across and over Hindmarsh Drive until you reach Nmatjira Drive T-intersection. Turn right and follow to Tuggeranong Parkway/Drakeford Drive. Cross over and onto Sulwood Drive along base of Mt Taylor. When you reach Athlon drive, keep going through roundabout and follow steep rise until you get to Erindale drive roundabout. WARNING steep and then also steep as you turn left Erindale Drive. Ease off as you reach crest of hill to allow bunch to regroup. Follow Erindale Drive all the way over Hindmarsh Drive past Canberra hospital and then back along Adelaide Avenue to car park.	Not for the faint hearted - there is a steep ri Erindale roundabout, followed by a long ste (followed by a lovely down hill to the hospit To be reviewed re traffic along Sulwood Dri also Erindale Drive and Woden roundabout
14-Oct-11	Di's new Loop	From carpark onto Commonwealth Ave over Commonwealth Ave bridge, turn left onto the parkway & follow this until the slip way to Lady Denman Drive. Right onto Clunies Ross St to Barry Drive, turn left as though doing Bronny's loop. Continue to Macarthur Ave, turn right & follow it right through the lights on Northbourne to Limestone Ave. Turn right & follow Limestone all the way to the War Memorial, then continue on Fairburn Ave until you come to the back entrance at Duntroon. Turn right into Robert Campbell Rd right into General Bridges Rd, where you climb to the top of Mt Pleasant. Downhill then left at Tobruk Rd, left Northcott Drive until the roundabout behind Russell offices. Turn right into Constitution Ave follow that all the way to London Circuit where you turn left & take the slip way up to Commonwealth Ave and back to carpark.	A kick at beginning of ascent to Mt Pleasan would be either right down Anzac Parade to Truscott St Campbell, then Blamey Cres to
21-Oct-11	Hall	Exit from car park, right on Commonwealth Avenue. Continue north across the bridge, around City Hill and onto Northbourne Ave. Turn left on Barton Highway and follow this direction until the signs to Hall. Take the third right turn to Hall. Follow this road and rejoin the Barton Highway (left turn) after riding through Hall Village. Continue to the end of Barton Highway and turn right at Northborne Avenue. Follow Northbourne Avenue and C'with Ave back to car park.	
29-Oct-11	Sandy's loop - 35km	Exit left onto C'with Ave and onto Adelaide Ave. Continue towards Canberra Hospital (Woden) and turn right at the set of lights just before you reach the hospital, following the road around to the lights on Hindmarsh Drive, turn right. Follow road all the way to Duffy and turn right at Warragamba to the end and turn left onto Dixon Drive. Continue to end and turn right onto Streeton. Turn left into Heysen and climb the hill, under the parkway and follow road which turns into Devonport, continue to roundabout at Launceston where you turn right. Continue up hill to Hindmarsh and turn left. Turn left at lights onto Melrose Drive and continue along Adelaide Avenue. Left @ Hopetoun Cct, right at the end onto Alexandrina Drive back to car park.	

04-Nov-11	Southside - cuts out Fyshwick - 35km	Loop to Woden down Adelaide Avenue and return, taking left onto State Circle. Follow all the way around until Sydney Avenue (DFAT building on corner) and turn left. At T intersection, turn right onto Canberra Ave. Left at Healy St and then left again onto Wentworth Ave. Turn left onto Kings Avenue, then left onto Parkes Way. At roundabout, turn right onto Anzac Parade to War Memorial, turn left onto Limestone Avenue, (which eventually become Majura Avenue) and turn left onto Phillip Avenue. At roundabout, turn right up Antill Street to service station on Federal Highway. Turn left towards Canberra and follow Federal Highway/ Northbourne all the way back to car park.	Variation to this is take left off Kings Ave into Constitution Ave - across Anzac Pd right or
11-Nov-11	Maryanne's set	As this will be the just before the Tour de Femme we will get advice from Maryanne on how best to prepare	
18-Nov-11	Julianne's loop	Left from car park, left onto Commonwelath Avenue around Capital Hill along Adelaide Avenue to Woden. Turn right at Woden roundabout onto Melrose Drive, left Launceston at next lights, right Callam St which becomes Athlon Drive, at next lights. Along Athlon all the way to Tuggeranong. Cross Drakeford Drive and take a left on Soward Way (5th turn after bridge on Lake Tuggeranong). Follow Soward which becomes Erindale Drive stopping at the crest of Erindale drive to take in the view and regroup. Continue on Erindale which becomes Yamba Drive all the way to the Woden roundabout and turn right onto Adelaide Avenue. Left State Circle, left Flynn, right Coronation and cross Commonwelath Avenue to car park.	
25-Nov-11	Krissa's loop - 36km	Loop to Woden down Adelaide Avenue and return. Take Deakin exit at Hopetoun, turn right off exit ramp to come past Deakin Shops. Continue along as it becomes Mugga Way. Left @ La Perouse Street continue through roundabout at Red Hill Shops, right onto Dalrymple Street, then left @ lights on Hindmarsh Drive. Turn left, then left again off Hindmarsh drive onto Jerrabomberra Avenue and turn left onto Captain Cook Crescent, just past Narrabundah College. Turn left up Carnegie Crescent and then turn left onto La Perouse. Continue past Dalrymple Street to roundabout at Red Hill Shops. Turn left. Turn right into Cygnet crescent, turn left onto Endeavour Street and eventually turn left into Zeehan, left onto Mugga Way (one way section) and loop around top of Mugga Way to come back down Mugga Way. Follow Mugga Way all the way back to Deakin Shops. If close to 90 minutes, turn right once you've come under Adelaide Avenue to come back onto Adelaide Avenue, left onto State Circle and and back to West Block.	If early, continue along Hopetoun under A the lake to either return to car park via Wor first) or out towards Weston Park and back
02-Dec-11	Red Hill Repeats	Exit the carpark onto Commonwealth Ave, to Adelaide Ave, follow until Hopetoun turn off, exit and turn right. Continue past Deakin shops and up Mugga Lane to the end. Turn around and head back to Red Hill. Do 3 repeats of Red Hill then return to the car park.	
09-Dec-11	Tuggeranong loop (Lindy's loop variation) 36km	Exit left onto C'with Ave and onto Adelaide Ave. Take exit left onto Cotter Road and follow all the way down until you turn left Streeton Drive. Follow Streeton Drive across and over Hindmarsh Drive until you reach Nmatjira Drive T-intersection. Turn right and follow to Tuggeranong Parkway/Drakeford Drive. Cross over and onto Sulwood Drive along base of Mt Taylor. When you reach Athlon drive, keep going through roundabout and follow steep rise until you get to Erindale drive roundabout. WARNING steep and then also steep as you turn left Erindale Drive. Ease off as you reach crest of hill to allow bunch to regroup. Follow Erindale Drive all the way over Hindmarsh Drive past Canberra hospital and then back along Adelaide Avenue to car park.	Not for the faint hearted - there is a steep rise Erindale roundabout, followed by a long steep (followed by a lovely down hill to the hospit) To be reviewed re traffic along Sulwood Drive also Erindale Drive and Woden roundabout
16-Dec-11	Horse Park Drive Loop	Exit onto Commonwelath Ave. Straight out to Federal Highway through the city to Horse Park Drive, along Horse Park Drive, turn left onto Anthony Rolfe, turn left on Kate Grace, turn left onto Flemington Rd, turn right onto Wells Station Dr, turn left onto Gungahlin Dr, turn left onto Barton Highway, turn left onto Northbourne Ave & back to the carpark.	
23-Dec-11	Jingle Bells Ride	Dress up in Christmas gear and decorate your bike for a trip around the streets of Canberra	